



MyPyramid Audio Podcasts

Lean Towards Leaner Meats

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host. I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: cash register, supermarket] Leaning towards meat or poultry for dinner? Today, I'll explain how to make some healthier choices when choosing your protein for dinner. Reach for the leaner cuts of meat. Choose tenderloin and ham for pork. If you're buying ground beef, select packages that are 90% lean. Round steaks, round roasts, and loins of beef are also lean choices. For poultry, remove the skin from chicken breasts or choose turkey cutlets to cut down on saturated fat and cholesterol. And don't forget the fish and the seafood!

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. Talk to you next time!